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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## This frontline formula can save your life and speed recovery even from traumatic heart attacks and strokes

—by Michele Cagan

You won't find this lifesaving herbal formula being used by doctors in the U.S., although it's a standard of care in hospitals across the oceans.

It's a proven frontline treatment for heart attack and stroke patients—and even for patients struggling to recover from major surgery.

It can help clear the pathways of severe atherosclerosis, restoring vital circulation faster than you'd believe possible from a non-surgical treatment.

In short, it can help save your life.

That's right: This formula can save your life, help you recover quickly from major trauma and illness, and even prevent recurrences.

So if you or someone you love is struggling to recover from a heart attack or stroke, from an accident or surgery, keep reading.

### It's the single culprit behind all heart disease and strokes...

When you look at risk factors for different cardiovascular diseases, you'll see some crossover, some factors that put you at risk for more than one condition.

But there's only one culprit that's behind everything. And this single culprit seems to be the underlying

cause for all cardiovascular diseases. In fact, more than 1,000 scientific studies discuss the link.

So why hasn't your doctor mentioned it? Because despite all the scientific proof, it's not really part of the mainstream medicine conversation. Yet. Even though they do prescribe some very powerful (and dangerous) medications to address one of its major effects.

The culprit is blood viscosity, basically the thickness and stickiness of your blood.

When your blood gets thicker and stickier, your heart has to work harder—but it doesn't get more work done. Your organs and tissues get less of the crucial oxygen and nutrients they need. Arteries, veins, and microvessels (more on this in a moment) get battered by thicker blood, sometimes leading to permanent damage.

And once you hit age 60, your blood viscosity is very likely to increase dramatically, setting the stage for life-threatening cardiovascular diseases plus dozens of other severe illnesses and debilitating chronic conditions as well.

But reverse the problem, and you will recover faster and stronger, even from traumas like heart attack, stroke, and major surgery. In fact, by decreasing

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## Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## Significant, speedy recovery from heart attack and stroke

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ing your blood viscosity, you may be able to avoid these disasters all together.

### Don't let a heart attack be your warning sign

It doesn't necessarily start with a traumatic event like a heart attack or stroke, though it's likely to end there.

The earlier signs of high blood viscosity can seem less urgent, but don't underestimate the danger they predict. Because any and all of these symptoms could be pointing to sticky circulation.

- migraines
- hearing loss
- vision loss, such as from macular degeneration or glaucoma
- decreasing brain power
- rheumatoid arthritis
- chronic joint pain
- gout

And with this powerful Chinese herbal formula, you can repair damage to your circulation now, before you suffer from a life-changing stroke or heart attack. But if you do fall victim to such a traumatic event, Herbal Boost could save your life.

### More than just a blood thinner, this formula can save your life

When you've suffered a traumatic event—heart attack, stroke, major surgery—it can cause secondary injury to your circulation, leaving you severely fatigued and extremely weak, compromising your recovery, and setting the stage for a second event.

And after seeing so many patients struggle with recovery, renowned herbalist Dr. Dexin Yan was determined to improve their chances. So he set out to create a specialized trauma recovery formula that would promote healing and speed recovery while it also worked to prevent future trauma.

That formula, Herbal Boost, was approved as a frontline treatment in China for patients recovering from major surgery, heart attack, and stroke,

based on its proven ability to recondition circulation to support faster recovery. And while that's where it was first used, it has since been proven effective to improve recovery from chronic illness, sports injuries, and fatiguing illnesses.

But where it's really been tested, and shown to be enormously effective, is with stroke victims.

### 91% of stroke victims improve with herbal formula

After suffering a stroke, patients face a very long and difficult recovery period. And their recovery is often complicated by the fatigue and weakness brought on by damage to the circulatory system. The prognosis can be disheartening, and make patients feel hopeless, like they'll never feel 'normal' again.

But stroke victims may finally have real hope of significant recovery, hope that comes in a bottle of traditional Chinese herbs, and has been proven highly effective.

One groundbreaking study included 98 stroke patients, some of whom had suffered strokes within a week of entering the trial, and others who were still living with debilitating symptoms months, even years after their strokes occurred. Their disabilities ranged from complete to slight paralysis, with almost half struggling with aphasia.

Each patient took two capsules of Dr. Yan's Herbal Boost twice a day. And after two months:

- 91% showed significant improvement in symptoms
- More than half (52) of the patients recovered, enough to resume their normal activities
- 20 of the patients showed "marked improvement," regaining precious muscle force

And as impressive as those numbers are, the in-depth case studies Dr. Yan shared really show the formula's true healing powers.

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# Defeat your holiday blues with this mood-lifting, energy-sparking formula

by Michele Cagan

**H**opeless. Alone. Exhausted. Sad. Whether the holidays fill you with dread, stress and loss, or you thoroughly enjoy them but are left with a gaping hole when they're over, this time of year holds emotional landmines for all of us.

On top of all that, it's dark and cold. Some days you don't want to leave your house, let alone get out of bed.

But you don't tell anyone. You don't want to worry them. And what if they decide you can't be left alone... that you can't take care of yourself? No, it seems better to pretend you're ok, and that brave face you've been putting on for everyone leaves you drained and dog-tired.

If you feel like the winter or the holiday blues are taking you down, don't wait. The more time they have to set in, the harder they will be to overcome.

And there is something simple that can help lift you out of those debilitating symptoms. Just a few sprays of this mood-lifting miracle can bring you hope and energy, and respark your interest in life.

## **The "most wonderful time of the year" can fill you with despair**

Holidays come with a grab bag of expectations, and the hope that maybe this year will be wonderful.

But the sad truth is that most of us don't have the picture perfect holidays we see on TV. Our family isn't always nice or pleasant. The day may bring up memories of happier times, before you lost your wife or your brother or your best friend.

Some people can't get around easily, and the holidays seem to underscore waning independence. New financial limitations make it harder to travel or to buy the kinds of gifts the kids expect these days. And though it may seem insignificant to younger people, it's real-

ly hard to deal with major changes in your daily routine.

And once those decorations come down and everyone goes back home, you may be left with deeper feelings of loneliness and let down.

This year, you can pre-empt those holiday blues, or at least make them so much easier to bear. This year you'll have Good Mood Enhancer™ on your side, to help you rediscover some holiday joy.

## **One-size-fits-all solutions won't work *especially* for you**

The mainstream solution for depression, antidepressants, treats everyone the exact same way. Whichever pill your doctor recommends will act directly on your fragile brain chemistry to rebalance specific neurotransmitters. Regardless of the cause of your depression, no matter which symptoms are affecting you, their response is the same.

But you are special and unique. Your feelings and the ways they impact you matter.

And here's where homeopathy (I can practically hear your groans) has mainstream medicine beat, hands down.

The core belief of this system of medicine is that your specific symptoms are your body's way of trying to fix something, and it aims to help your body fix itself.

And while it's unbearably hard to take that first step out of depression, with this homeopathic lifesaver it's as easy as squirting some breath spray.

## **It's hard to believe, but easy to swallow... and it works**

Your doctor may shake his head if you ask about homeopathy, but he'll be carelessly dismissing a proven system of medicine that's been around for hundreds of years.

In fact, you may be pretty skeptical,

because it sounds unlikely that a few drops of a highly diluted remedy could have any impact at all. But that's exactly how homeopathy works.

Homeopathic remedies work on highly specialized, ultra-specific vibrational frequencies. So no remedy will work for all people, and many remedies won't work for you. But when you get the right one, the one that connects with your unique constitution, that remedy can change things very quickly, and without danger of side effects or interactions.

The homeopathic approach to depression and anxiety is wholly different than the usual pharmaceutical solutions. Homeopathy takes you, the whole person, into account, while pharmaceuticals focus only on changing your brain chemistry.

And even when antidepressants don't feel like they're working, and may hit you with unpleasant side effects, homeopathy can help. [Please note that if you are taking antidepressants, do not stop taking them without guidance from your doctor. Homeopathy can be used safely along with these medications.]

## **This homeopathic formula can help sustain you through the holidays and beyond**

It can be hard to pinpoint which homeopathic remedy is right for you, so this comprehensive blend contains 22 remedies held in a Bio-Energetically Enhanced™ pure water base. Plus, you'll find three separate potencies (10X, 30X, and LM1) of each of those 22 ingredients in every single drop—essentially giving you 66 individual remedies housed in one formula called Good Mood Enhancer™.

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# HSI Exclusive: Eat your favorites without fear of painful indigestion or embarrassing gas with this powerful formula only you can get

by Michele Cagan

Uncontrollable gas... the searing pain of indigestion... bloating to your burst point... and that emergency urge to run to the bathroom right now can ruin your fun during the holidays.

You don't want to be the only one walking around without a Christmas cookie and an eggnog.

But you also don't want your stomach (or worse) to explode in front of everyone.

There are plenty of drugs out there that may bring relief after the fact, but they can also bring some damaging side effects, including the embarrassment you've already endured.

But you don't have to avoid parties or holiday treats for fear of a humiliating gas attack.

Because there's a very powerful supplement—a practitioners' formula that's not available to the public, except for HSI members—that you can take before you eat a single bite, and feel confident those very uncomfortable moments won't happen.

## Situation: Critical

When you suffer from a debilitating GI (gastrointestinal) condition like colitis or Crohn's disease, getting through the holidays may seem like a minefield, layered with traps that can set your stomach exploding without warning.

And you don't have to have such a serious illness to suffer extreme GI distress during the holiday season.

Delicious pies nearly impossible to resist, succulent turkey and glazed ham, double shots of creamy eggnog—it's hard to say no to absolutely everything, let alone avoid overeating... even when you know that eating just one more Christmas cookie now could have you doubled over in pain later.

The time to tame that trouble is now, before you're struck with an embarrassing and urgent bathroom emergency in the middle of your best friend's holiday potluck, before you fill up on marshmallow-topped sweet potato pie with a hot spiked cider chaser.

Because if you take one of these compact yet powerful capsules along with your first bite of food, you'll be able to stave off the worst symptoms to minimize gas, bloating, and indigestion.

## It's more than just a stomachache

It's the number one reason people go to the doctor.

Digestive problems knock out more than 95 million Americans, and the holidays can make them even worse.

And while most of us focus on the immediate problems—like the overwhelming pain and bloating, diarrhea or constipation—improper digestion can lead to even more serious problems, impacting your whole body and your overall health, not to mention keeping you from enjoying social activities.

When we don't digest our food fully, we can't get everything we need out of it, like essential nutrients and energy. And that sets us up for malnutrition, which causes dozens of debilitating conditions and can contribute to premature aging. No matter how much you eat—even if you only eat healthy foods—you can be malnourished if your body doesn't handle that food properly.

## When this system is offline, you'll feel it in your gut

To digest food, you need specialized protein molecules known as enzymes, digestive enzymes specifically. And under perfect circumstance, your body

makes those digestive enzymes, and plenty of them.

But there's a lot that can interfere with enzyme production and even with how well those enzymes work. For one thing, we naturally make virtually all the digestive enzymes we need (there's one we can't make—more on that later), but production drops off dramatically as we get older.

And some people suffer with impaired production for specific enzymes: lactose intolerance, for example.

When you don't produce enough or the right digestive enzymes, your food can't be digested properly. Undigested food continues its way through your GI system, impacting all the way through to your large intestine where bacteria enter the scene, setting off gas and bloating and an inflammatory response that can damage your gut.

When those bad bacteria thrive, the good bacteria in your digestive tract—probiotics—suffer. And you really need those probiotics to be in charge. Probiotics keep you regular, and they play an important role in keeping your immune system strong and healthy... and so much more, thanks to a little help from digestive enzymes.

## Holiday foods wreak havoc on your whole GI system, and more

Different foods require different enzymes to break them down, and (as you might expect) can cause very different but equally unpleasant consequences when they aren't digested fully.

Proteins like ham and turkey require a lot of energy for digestion (which is why you may feel tired after you eat a lot of protein). When proteins aren't fully digested, you will feel it, and not just where you'd

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expect. Not only will partially digested peptides set off chronic inflammation in your GI tract and produce foul-smelling gasses, they can also directly impact neurobiology—your brain.

Mashed potatoes and candied yams (along with other starchy foods) call for different enzymes to break them down, which leads to glucose production. Undigested starch literally ferments in your large intestine, feeding nasty bacteria which leads to uncomfortable bloating, and lots of gas.

Milk sugars—primarily lactose—require a very specific enzyme, one that many people don't make enough of. And even if you don't drink milk or eat ice cream, lactose can still be a problem for you: It hides out in many processed foods, like cookies and cakes. And when your body has to deal with undigested lactose, the consequences are excess gas and watery diarrhea.

And of course, holiday buffets are full of delicious fatty foods and gravies—more digestive hazards in the making. Improperly digested fats cause smelly, oily diarrhea. Even worse (though it might not feel that way in the moment), if you can't digest fats properly, your body won't be able to fully absorb many nutrients, leading to malnutrition.

So you need a lot of enzymes—and a lot of help—to make it through holiday meals and parties without suffering foul-smelling, explosive, uncomfortable consequences. And you need to make sure those enzymes show up where you need them, when you need them.

### **Unique Thera-blend™ gets everywhere you need help... fast**

To prevent digestive distress, you have to get help to the right place. A medicine or supplement that doesn't make it all the way through your GI tract intact won't help you feel better. And if your cure does make it through, it still has to be broken down fully and properly in order to be useful.

But, first, to even make it to your intestines, those pills have to navigate a deadly path.

As soon as something goes into your

mouth, digestion starts. And just a short while later, whatever you ingest lands in a pit of hydrochloric acid and digestive enzymes (a.k.a. your stomach).

Anything that survives your stomach makes its way to your small intestine, where enzymes break down fat and nutrients for your body to absorb. But particles that can't be absorbed—medicines or foods that haven't been digested properly—continue through to your large intestine to be eliminated.

And here's where innovation makes a real difference. A unique enzyme combination called Thera-blend™ works where other enzymes stop cold. In fact, in a head to head test, Thera-blend™ enzymes broke down 99% of the trial food for superior absorption... three times more than the competition. What's more, the Thera-blend™ enzymes worked much faster to break down food, taking only ten minutes compared to sixty minutes for the competition.

Most important, Thera-blend™ enzymes work consistently throughout your whole digestive tract, through acid and alkaline areas without losing enzyme potency. And when you're suffering from critical digestive woes, you want a solution that won't lose power before you feel better.

### **Combining Thera-blend™ power with probiotics lets you enjoy the party, worry-free**

No wonder practitioners rely on this formula to help their patients conquer dozens of digestive disorders, from occasional heartburn to chronic colitis.

Along with protected, powerful Thera-blend™ enzymes, this comprehensive formula contains extra help for the toughest digestive issues (like gluten and lactose), and specialized enzymes required for every kind of food you might encounter at the holiday buffet.

And it doesn't stop there. This formula, called Critical Digestion (and for good reason), also contains a comprehensive blend of specially protected probiotics and an energy blend to make sure your body has all the juice it needs to handle this extra tough holiday digestion.

## **Comprehensive digestive blend helps you conquer any food on the buffet table**

Packed with 17 key digestive aids, Critical Digestion will help you breeze through this holiday season without suffering embarrassing and painful digestive consequences.

- Amylase Thera-blend™ contains several strains of enzymes that break down difficult carbohydrates
- Protease Thera-blend™ combines multiple protein-digesting enzymes
- Glucoamylase turns carbohydrates into absorbable and usable glucose fuel
- DPP-IV is a special proteolytic enzyme that specializes in making gluten and casein proteins easily digestible<sup>3</sup>
- Alpha Galactosidase helps you digest beans, grains and vegetables notorious for causing gas and bloating<sup>4</sup>
- Lipase Thera-blend™ works to transform fats into the fatty acids your body needs, and helps control LDL cholesterol and triglycerides<sup>5</sup>
- Cellulase Thera-blend™ brings the only digestive enzyme your body can't produce, cellulase, to help you process fiber for easy elimination
- Lactase helps you digest foods that contain lactose (dairy products) so you can enjoy rich, creamy holiday foods
- Beta Glucanase breaks down tricky components of plant and grains
- Xylanase helps you easily digest fruits, vegetables, nuts, grains, and food additives
- Maltase transforms malt and grain sugars into usable glucose energy
- Invertase takes on table sugar and converts it into quick energy
- Pectinase breaks down special carbohydrates, like pectin, found in vegetables and fruit
- Phytase helps increase the mineral absorption when you eat certain plant foods, like bran and seeds<sup>6</sup>

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### Full recovery from a stroke in just two months

When Dr. Yan saw Carrie King in his office, he knew instantly that something was very wrong.

Even though she appeared fully alert, the entire right side of her face was paralyzed, and she couldn't communicate verbally (a sadly common condition called aphasia). As the exam progressed, Dr. Yan saw that paralysis had struck the right side of Carrie's body, with debilitating loss of strength and reflex. His suspicions were confirmed by a CT scan: Carrie had suffered a stroke.

After consulting with Carrie's regular doctor, Dr. Yan treated her with his Herbal Boost.

And in just two months time, her symptoms were gone. Facial paralysis had disappeared completely. Speech returned to normal. She could move her right arm and leg normally. She was fully recovered, and went back to her regular daily activities.

### Finally recovering after a stroke suffered five years ago

Chuck came to Dr. Yan five years after suffering a hypertension-related stroke that he'd never fully recovered from.

Even after all that time, Chuck was still enduring crippling symptoms, including dizziness, trouble breathing, fullness in his chest, and hearing loss in his right ear. In fact, Chuck didn't even make it through the examination without experiencing extreme dizziness—he couldn't even move his head. His pulse was weak, and his blood pressure read as 186/110.

Dr. Yan prescribed Herbal Boost, at a dose of one capsule, three times per day. And after just two weeks on that regimen, Chuck's dizziness improved, and his blood pressure returned to normal. With that success, his dose was changed to two capsules, twice daily.

After two months, all of Chuck's symptoms had disappeared, and he was able to stop taking the formula all together.

### Success even after past hip replacement surgery

Long after her hip replacement surgery, Sheila was still feeling pain.

She went to see Dr. Yan, and he found that her hip bone was slowly deteriorating. On top of that, the circulation to her hip and to the surrounding muscles was severely compromised, which interfered with healing.

On Dr. Yan's advice, Sheila started taking one capsule of Herbal Boost twice a day to get her circulation flowing more strongly and get healing back on track. After two weeks on that dose, it was increased to two capsules twice a day.

Two months later, Sheila felt stronger, and her pain was gone. The blood supply to her hip was fully restored, and both the bone and surrounding tissues were finally fully healed.

### Centuries of healing power in a single lifesaving formula

You've seen how remarkably effective Herbal Boost can be, restoring life and hope to patients. And that's no accident.

Dr. Yan used his extensive experience

### Do not take this without talking to an expert first

It is crucial for you to talk with an expert—and your doctor—before you start taking this extremely potent herbal medication.

If you have suffered a heart attack or stroke, or have just endured major surgery, you are probably taking multiple pharmaceutical drugs.

And because this formula is so powerful, it can interact with those drugs, and alter your recovery... unless it's added in properly under the guidance of an expert.

So keep reading, and you'll see how this healing combination of nine Chinese herbs can save your life, and even prevent additional trauma... and why you shouldn't take it without guidance.

and knowledge to design this formula, fueled by an overwhelming wish to help even his most desperate patients.

With that in mind, he chose one of TCM's most treasured tonifying herbs, cordyceps, as the core of the formula. From there, he added carefully selected traditional herbs to improve energy production, immune function, and circulation as well as restore balance to the major organs. Next, he included herbs specifically known to improve the individual components of blood (red blood cells, white blood cells platelets, and plasma).

And when working together in Herbal Boost, their healing powers are literally saving lives.

### Scientists uncover a vast range of healing actions in this prized TCM herb

Cordyceps one of the most prized herbs in traditional Chinese medicine, for more than 300 years breathing life into the people who've taken it.

Though at first glance you might turn up your nose—it is, after all, a fungus that grows on caterpillar larvae—the remarkable healing properties of this TCM staple will win you over.

Traditionally, cordyceps replenishes the kidneys, soothes the lungs, eliminates phlegm, and stops bleeding. Throughout its long history, this herb has been used to restore health after long, draining illnesses, especially those marked by extreme fatigue and lack of strength.

Modern science has torn it apart to learn its secrets, uncovering a vast range of healing actions<sup>1</sup>:

- antioxidant
- anti-inflammatory
- anti-aging and rejuvenating
- anti-tumor
- immune modulating
- fights fatigue
- protects your brain
- protects your liver and kidneys

The research underscores what heal-

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## Defeat your holiday blues

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With that, the chances are great that at least one of them will relieve your feelings of depression.

So whatever has caused your blues—the winter, the holidays, a loss—and however those blues hit you, this homeopathic formula can lift the despair, and relieve most symptoms of depression and anxiety:

- Feelings of hopelessness or worthlessness
- Mood swings
- Feelings of insecurity, fear, and nervousness
- Melancholy
- Sleep disturbances, whether you're sleeping too much or hardly at all
- Major changes in your appetite, leading to weight loss or gain
- Fatigue
- Difficulty concentrating
- Agitation, restlessness, and irritability
- Withdrawal from friends and family

Each remedy works on your feelings of sadness and despair in a different

way, with at least one likely to match your personal energy.

### **Your symptoms are very personal... and your antidote should be, too**

The blues can hit you in so many ways: some people can't eat, some people can't sleep. Some people sleep all the time, some people can't sleep at all. But however the blues have hit *you*, Good Mood Enhancer™ has you covered. Because rather than the one problem, one solution method you'll find in a mainstream doctor's office, this homeopathic remedy treats you as an individual, someone special who's not exactly the same as everybody else.

And since each of the carefully chosen remedies in Good Mood Enhancer™ acts differently, at least one is sure to resonate with your unique symptoms and emotions. Ignatia amara, for example, helps with sadness following a loss, while avena sativa works to overcome feelings of nervous exhaustion and a wandering mind. (You can find a complete, detailed list of the 22 individual remedies and their specific indications in the Members

Only Section of the HSI website at [www.hsionline.com](http://www.hsionline.com).)

No matter which symptoms resonate for you, they will begin to fade once you start taking Good Mood Enhancer™ your blues will begin to melt away.

### **Good Mood Enhancer™ defeats your holiday blues**

The holidays can be a very stressful and draining time, leaving you feeling anxious and sad when you're "supposed to be" the life of the party. But you can easily defeat those holiday blues with Good Mood Enhancer™.

When depression, despair, and sadness strike, Good Mood Enhancer™ will help ease those feelings, and help turn your day around. You spray Good Mood Enhancer™ into your mouth just like a breath spray.

The manufacturer recommends taking three sprays, three times per day. If more relief is needed, it's best to take the doses more frequently than to spray more at once.

You can find ordering information for Good Mood Enhancer™ in your Member Source Directory on page 8. **HSI**

## Significant, speedy recovery from heart attack and stroke

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ers have known for centuries: Cordyceps works as a life-sustaining tonic, strengthening both the body and mind, and replenishing life force.

And to Dr. Yan, cordyceps made the perfect focal point for his life-saving rescue formula, its powers enhanced with the addition of seven traditional herbs.

### **Seven traditional herbs restore healthy blood flow and protect your vital organs**

Improved circulation is crucial for recovery—your body needs plentiful nutrients and oxygen to thrive, which it can't get with restricted blood flow. So Dr. Yan included seven restorative herbs in Herbal Boost, together improving your blood, circulations, and major organs.

**Chinese Salvia** is prized for its blood-vitalizing properties, reducing blood viscosity and supporting crucial microcirculation.

**Safflower** invigorates the blood, boosting circulation and breaking up stasis, while also protecting your heart and brain.

**Dong Quai**, used for thousands of years in TCM, supports blood flow and oxygen supply in the heart.

**Sichuan Lovage** takes care of your veins and arteries, boosting microcirculation, and relaxing major blood vessels.

**Achyranthis** is traditionally used to restore blood flow and to replenish the liver and the kidney

**Cyperus** acts as a potent antioxi-

dant, scavenging damaging free radical.

**Platycodon** has been used traditionally to address lung and respiratory issues, but new discoveries show that it plays a role in bone health.

With all of this restorative, healing power, Herbal Boost can help you recover from major trauma and disease. That's what this formula is meant to do...

And once its job is done, you can begin the transition to a proven rejuvenating herbal formula to keep your circulation strong, as well as your overall health. You'll learn more about that youthful circulation maintenance formula—Vital Cell—in next month's issue of your HSI *Members Alert*.

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## Significant, speedy recovery from heart attack and stroke

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### Take Herbal Boost to speed recovery from trauma

When your life is on the line following a heart attack or stroke, you want a formula that's been proven to improve and sustain recovery—and that's Herbal Boost.

This rescue formula can be used when you quickly need to reduce blood viscosity and improve circulation—like in the

case of severe atherosclerosis—to support healing and recovery, and reduce the risk of further trauma. Herbal Boost is typically used for three to five months until the urgent issue is under control, then patients can be switched to a maintenance formula like Vital Cell (look for the full story about Vital Cell in your February 2014 *Members Alert*, coming soon).

The manufacturer recommends

taking one or two capsules, twice daily, during the recovery period.

You can find ordering information for Herbal Boost in your Member Source Directory below. **HSI**

**A Note of Caution:** If you are taking any medications, have a severe medical condition, or are recovering from a heart attack or stroke, please consult with a health professional before taking Herbal Boost. Do not take Herbal Boost without the approval of your doctor if you are taking blood thinners (such as warfarin or Coumadin).

### Eat your favorites without fear

(continued from page 5)

- Hemicellulase breaks down the cell walls in plant foods, making even hard-to-digest brans and grains easy for your body to handle
- ATPPro™ Blend contains ATP, magnesium citrate, alpha lipoic acid, and CoQ10 to help your body naturally produce more energy, and reduce the amount of energy stolen from your reserves to help with digestion so you won't feel tired after you eat
- Probiotic Blend combines eight species of beneficial bacteria, specially coated to survive the perilous journey to your colon where the probi-

otics are most needed to help protect you against gastrointestinal emergencies including gastroenteritis, antibiotic-induced diarrhea, irritable bowel syndrome, and colon cancer<sup>7</sup>

With all that power packed into a single capsule, you have everything you need to enjoy your favorite holiday foods.

### HSI: Exclusive: Critical Digestion lets you enjoy holiday foods without fear

You can go to that party without fear or embarrassment, with Critical Digestion on your side.

Simply take one capsule along with your very first bite of food, and you can avoid the digestive woes that sweet, rich holiday foods can bring.

The manufacturer recommends taking one capsule at the start of each meal.

Remember, you won't find this powerful digestion formula in any stores, and it's not available to the general public (it's only sold through practitioners).

But HSI members can find exclusive ordering information for Critical Digestion in the Member Source Directory below. **HSI**

## MEMBER SOURCE DIRECTORY

**Herbal Boost**, Tango Advanced Nutrition, PH: (866)778-2646; [www.puretango.com](http://www.puretango.com). Herbal Boost costs US\$34.95 for a 60-count bottle. HSI members will receive an exclusive 10% discount. Simply use coupon code BOOST2 when you order.

**Dr. King's Natural Medicine Good Mood Enhancer™**, Dr. King's Natural Medicine, PH: (866)298-2740; [www.king-bio.com](http://www.king-bio.com). Dr. King's Natural Medicine Good Mood Enhancer costs US\$19.99. HSI Customers will get an exclusive 15% discount on orders placed from December 15, 2013 through February 28, 2014. Simply use HS15GM when ordering to take advantage of these special savings.

### HSI Exclusive:

**Critical Digestion**, Enzyme Science, PH: (855) 281-7246; Critical Digestion costs US\$22.00 for a 30-count bottle and US\$60.00 for a 90-count bottle. HSI members can get special 20% savings on either size by using code NLSC when ordering from December 15, 2013 through February 28, 2014. Please note that this product is available only by phone.

**HSI website log-on info (JANUARY): Username: jan2014**

**Password: cured**

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HSI verifies all product information when the Members Alert is written; however, pricing and availability can change by the time the issue is delivered. We regret that not all products are available in all locations worldwide.

The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



## Can this magical pill keep you from packing on extra pounds during the holidays?

*by Michele Cagan*

**I**ndulging in delicious holiday treats without that same old holiday weight gain...

Sounds like a wish, but a revolutionary company has made it reality.

That's right: One magical capsule can help keep those cookies and pies from turning into a spare tire.

All you have to do is take it.

### **You don't have to change what you eat... if you change how you digest it**

It's a revolutionary idea for preventing weight gain and stimulating weight loss.

Instead of changing what you eat, change the way your body handles it.

And that deceptively simple idea is the key behind a very effective new weight loss product.

This digestive miracle takes those delicious holiday treats filled with sugars and starches and turns a portion of them into indigestible fiber. That means no matter what you eat, there's less sugar in it—which also means fewer calories in, a lower glycemic load (more on that in a second), and no giant blood sugar spikes. Plus, that extra fiber helps you feel fuller, faster.

Now as powerful as this proprietary enzyme—Glucoreductase™—may be, it doesn't convert all of the sugar and starch you eat. But it does convert enough of it so your post-meal blood sugar stays lower and steadier than it would without the enzyme, and your body doesn't demand more and

more insulin. Plus, lower blood sugar leads to more fat metabolism—literally burning fat—for fuel.

This sugar-to-fiber conversion can help keep you from packing on the pounds this holiday season... and jumpstart steady weight loss after the new year, when your eating habits get back to normal.

### **Reduce your glycemic load without skipping dessert**

If you've ever struggled with weight or blood sugar, you've probably heard of the glycemic index (GI). It's a scale that ranks foods based on how much and how fast they make your blood sugar rise after you eat them.

Foods high on the GI scale (like cookies, pie, and potatoes) spike your blood sugar very quickly, calling for extra insulin right away. Foods lower on the GI scale (like most vegetables) are digested and absorbed more slowly, leading to slow steady increases in both blood sugar and insulin.

And here's where things get tricky. When you eat more delicious sweet and starchy foods than usual, your blood sugar and insulin levels rise faster and more frequently—it's practically impossible to avoid during the holiday season.

That spike cycle usually leads to persistent weight gain, stubborn extra weight that is very hard to get rid of...

Unless you slow things down, and take those high GI foods down a notch or two.

### **Unique proprietary enzyme minimizes sugar spikes... and helps prevent weight gain**

Here's where the magic happens:

A truly amazing enzyme discovery changes what you eat, actually reducing the glycemic impact. Essentially, it's like turning a jellybean into a blueberry. There's still some sugar there, but now it's joined by fiber to slow down the blood sugar effect.

Glucoreductase™ works by converting simple single sugar molecules into chains, changing them into soluble fiber. Some of that fiber (called isomalto-oligosaccharide) now serves as food for the beneficial bacteria in your digestive tract, and the rest just passes through undigested.

That means less sugar in your blood stream, less sugar to build that spare tire, less holiday weight gain.

### **Even jellybeans don't stand a chance**

So far, there are two human studies testing the powers of glucoreductase, and both showed very promising results. Though neither study was long enough to track weight loss, the impact on blood sugar was obvious and immediate—and that, over a little time, will help you lose weight.

The first trial (unpublished) focused solely on glucoreductase, pitting the enzyme against a starch challenge (a meal composed only of something like French toast). In this study, 34 subjects underwent blood sugar tests, then ate

*(continued on next page)*

their starch meals, then had their blood sugar measured every 15 minutes for an hour. Each subject did that twice with a placebo, and once taking glucoreductase. And when they did take the enzyme, it dramatically reduced the blood sugar increase after the starch challenge.

The second study<sup>1</sup>, this one with 31 participants (all overweight women), was similar to the starch challenge—but for this trial the subjects ate jellybeans (and it's hard to find food more sugary than that!). Again, each subject completed the test once with placebo, and once with glucoreductase (this time as part of a formula). And the results were significant: After taking the enzyme...

Blood sugar levels were 36% lower at the 45-minute mark, and 59% lower at the 60-minute mark than they had been after the placebo test.

That's a remarkable drop... and it could easily translate to more effortless weight loss.

And combined with the three additional ingredients in Slender GR™, glucoreductase is already demonstrating just how well that works.

### No weight loss studies on this formula, yet, but it's working around the office

So far, there aren't any clinical studies for the Slender GR formula... but feedback around the office is very promising.

According to my inside source at the manufacturer, people around the office have been trying Slender GR with very positive results.

Without making any substantial—or even any at all—dietary changes, people are losing an average of one to two pounds per week when they take Slender GR. Plus (and this is sometimes even more important), no one gained weight while they were using the formula.

That's an average weight loss of three to five pounds every month, without changing anything else.

No extra exercise, no restrictive diet. Just Slender GR, and the extra pounds slowly disappear.

### Multi-action formula kicks off effortless weight loss

You've already seen the power of glucoreductase, transforming fattening sugary, starchy foods into healthier fiber. And that decrease in absorbable sugar sets the stage for fat metabolism.

And that's where the second ingredient comes into play. Lipase helps your body digest fat, converting dietary triglycerides into essential fatty acids. With more efficient fat digestion, it's easier for your body to start burning fat for energy when sugar stores aren't as plentiful.

Next comes rice bran, which helps the glucoreductase do its job, plus adds a little more fiber to help you feel satisfied sooner. The rice bran also helps your body eliminate toxins, which has the extra benefit of making your body a more efficient stored-fat-burning machine.

The final ingredient in Slender GR is SOD (superoxide dismutase), a very powerful antioxidant. That may seem like a strange thing to put in a weight

loss formula, but recent research<sup>2</sup> reveals that oxidative damage and obesity are closely linked, and that extra weight can weaken the effectiveness of antioxidants including SOD. It's a difficult cycle to break, because excess fat contributes to free radical damage, and free radicals can make it harder to lose weight. SOD helps break that cycle, and defend you against more oxidative damage.

### Avoid the usual holiday weight gain AND drop those extra pounds without dieting

You don't have to change what you eat, and you don't have to live at the gym. In fact, you don't have to change anything except the way your body handles the food you do eat. And all it takes to do that is Slender GR™.

The manufacturer recommends taking one Slender GR™ capsule 15 minutes before each meal. Two capsules may be taken with larger meals or starchy meals (like pasta). You can also take one or two capsules with a high carbohydrate food or beverage. The total daily dosage is three to six capsules.

If you're eating a meal that's low in sugar and starch, taking Slender GR won't make much difference. Also, you won't lose weight faster if you take more capsules with each meal—so stick with the recommended dose for slow, steady, sustainable weight loss.

A word of caution: Consult your doctor before using Slender GR if you take insulin, as it may alter your insulin requirements. Slender GR is safe to use with other diabetes medications. **HSI**

## MEMBER SOURCE DIRECTORY

**Slender GR™**, Enzyme Science, PH: (855) 281-7246; Slender GR™ costs US\$47.99 for a 90-count bottle. HSI members can get special 20% savings on Slender GR™ by using code NLSC when ordering from December 15, 2013 through February 28, 2014. Please note that this special product discount is available only by phone.

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